

The Department of Parks and Recreation



Contact persons: Reid Tamashiro 692-5602 or Meghan McGurk 554-4858

In-Motion is an innovative project funded by the Department of Health's Healthy Hawaii Initiative. To improve the health of Hawaii's citizens, the project explores the possibility of collaborating with a high school to make their recreation facilities available to the general public. To accomplish this objective the Department of Parks and Recreation will be providing fun, physical activities at Farrington High School. All activities are FREE!

Schedule of classes  
January 17-May 26, 2005

Aerobics/Yoga	M, W	3:15 – 4:45 PM	Cafeteria
Walking	M, W, F	3:15 – 6:15 PM	Track
	T, Th	2:15 – 5:15 PM	Track
Water Aerobics	T, F	8:00-9:00 AM	Kalihi Valley Pool
Group Exercise	M, F	5:30 – 6:30 PM	Cafeteria
Hip Hop (teen)	T, Th	2:15 – 3:45 PM	Cafeteria
Volleyball (teen)	T, Th	2:15 – 3:15 PM	Courtyard
	W, F	12:37 – 1:17 PM	Courtyard
<u>3/20-5/24 (Dance)</u>			
Salsa Beg1(teen)	M, W	3:15 – 4:00 PM	Auditorium
SalsaBeg2 (teen)	M, W	4:00 –4:45** PM	Auditorium
Salsa Int1 (teen)	M, W	4:45 –5:30** PM	Auditorium
Salsa (adult)	W	5:30-6:30 PM	Cafeteria

\*\*Five participants need to register for the class to be offered. Please call 554-4858 before attending the class.

Map

